Grief is a profound and universal human experience. There is no right or wrong way to live through this period — each person mourns at their own pace. This guide presents support resources available in Quebec, as well as suggestions for taking care of yourself and your loved ones during this difficult time.

■ UNDERSTANDING GRIEF

Grief can manifest in many ways — emotionally, physically, and spiritually. It is normal to experience a combination of these emotions, sometimes unexpectedly.

Shock and Denial

A feeling of unreality, of numbness. The mind protects itself by gradually absorbing the reality of the loss.

Sadness and Sorrow

Tears, melancholy, a sense of emptiness. This phase is natural and necessary — it reflects the love felt for the person who has passed.

Anger and Guilt

Feelings sometimes directed at oneself, doctors, God, or the deceased. Guilt ('I should have…') is very common.

Reorganization

Gradually, life finds its rhythm again. Memories become more of a source of comfort than of pain.

Acceptance and Integration

The loss becomes part of one's personal story. Hope returns, without forgetting or betraying the loved one.

« Grief is not the end of love — it is love that continues in another form. »

■ IMMEDIATE HELP LINES

If you are going through a period of intense distress, these resources are available 24/7 and completely free of charge.

Tel-Aide

Volunteer telephone listening service for anyone in emotional distress. Warm, confidential, and non-judgmental presence.

■ 514 935-1101 · ■ telaide.qc.ca

Suicide Action Montréal / 1 866 APPELLE

Suicide prevention line available throughout Quebec. Support is also offered to those bereaved by suicide.

■ **1 866 277-3553** · ■ **suicideactionmontreal.ca**

Quebec Suicide Prevention Line

Provincial listening, intervention, and referral service available at all times for people in crisis or their loved ones.

■ **1 866 APPELLE (277-3553)** · ■ **aqps.qc.ca**

Kids Help Phone

For young people under 30 experiencing grief or distress. Text, chat, or call — available 24/7.

■ **686868 (text)** · ■ **kidshelpphone.ca**

■ SPECIALIZED GRIEF SUPPORT

These organizations offer targeted support based on your situation.

Albatros Quebec

Provincial network of volunteer companions for people at end of life and their bereaved loved ones. Warm, human presence at home.

■ **418 687-6084** · ■ **albatros.ca**

Fondation Deuil-Jeunesse

Support for children, teenagers, and families facing grief. Support groups, workshops, and specialized resources.

■ **514 485-0644** · ■ **deuil-jeunesse.com**

Vivre le deuil

Peer support and companionship groups for bereaved adults. Present in several regions of Quebec.

■ **514 933-5515** · ■ **vivreledeuil.com**

Centre de bénévolat de la Rive-Sud

Grief support groups and companionship for bereaved individuals in Montérégie and surrounding regions.

■ **450 672-8511** · ■ **cbrs.ca**

■ RESOURCES BY TYPE OF LOSS

Loss to Suicide

Association québécoise de prévention du suicide

■ 1 866 APPELLE ■ aqps.qc.ca

Loss of a Child

Groupe Leucan / family support

■ 1 800 361-9643 ■ leucan.ca

Perinatal Loss

Chrysalide Support Group

■ 450 471-9788 ■ chrysalide.ca

Grief and Seniors

L'Appui pour les proches aidants

■ 1 855 852-7784 ■ lappui.org

■ MENTAL HEALTH PROFESSIONALS

If grief becomes overwhelming or persists for a long time, reaching out to a professional is a courageous and beneficial step.

Psychologist

In-depth therapeutic support for complicated or traumatic grief. Reimbursement may be available through group insurance.

■ — · ■ ordrepsy.qc.ca

Social Worker / CLSC

Free psychosocial support at your local CLSC. Walk-in access or referral through your family doctor.

■ 811 (Info-Social) · ■ ciusss.qc.ca

Psychotherapist or Counsellor

Support through various approaches (grief, trauma, mindfulness). Verify recognized accreditations.

■ — · ■ otstcfq.ca

Chaplain or Spiritual Companion

For those seeking support rooted in a spiritual or religious dimension. Available in hospitals, CHSLDs, and through parishes.

■ — · ■ Your healthcare facility

■ TAKING CARE OF YOURSELF DURING GRIEF

■ Sleep
Honour your need for rest, even if your routine is disrupted.

■■ Eat
Try to eat regularly, even small amounts.

■ Move
A short daily walk can ease anxiety and sadness.

■ Talk
Share your emotions with a trusted person or professional.

■ Write
Keeping a journal helps to process and name your feelings.

■ Rituals
Honouring the memory of the deceased, in your own way, helps you grieve.

■ Nature
Time in nature has a calming effect on the nervous system.

■ Unplug
It is okay to take breaks from social media and the news.

❤■ Patience
Be gentle with yourself — there is no timeline for grief.

■ HOW TO SUPPORT A GRIEVING LOVED ONE

✔ Be present
Your simple presence often matters more than words.

✔ Listen without judgment
Let the person talk about their loss as much as they need.

✔ Offer concrete help
Say: 'I'll stop by Tuesday to bring groceries' rather than 'Call me if you need anything'.

✔ Say their name
Saying the name of the person who died is a precious gift.

✔ Be patient
Grief can last months, even years. Keep showing up.

✘ Avoid saying…
'I know how you feel', 'They're in a better place', 'You need to move on'.

✘ Don't minimize
Every grief is unique. Avoid comparing it to other losses.

✘ Don't disappear
The loneliness after the funeral is often the hardest part.

White & Fils Is Here for You

Our team understands that grief does not end after the funeral. We are available to refer you to the right resources, guide you through your next steps, or simply listen. Please do not hesitate to contact us at any time.